

Gear and Reference Material Essential for Very Light Backpacking in the Mountains in the Summer Time by Roleigh Martin (including a low cost alternative)

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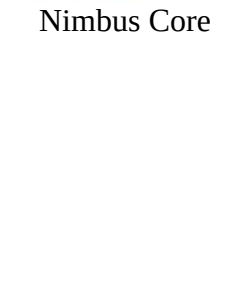
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Pack and Gear Carried in Pack while Hiking

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
10	Last year I bought and used the Hexamid Twin from Zpacks.com on the JMT. http://www.zpacks.com/shelter/hexamidtwin.shtml Weight shown is tent and tent sack and optional doors, tent includes insect netting floor (and a custom made Cuben Fiber (1.5 oz/sq yd heavy duty material) bathtub ground sheet that floats on top of it). Zpacks provided for me (at an extra 1 to 1.5 oz weight), a #5 zipper, and 7 tiny loops to secure the ground cloth and hold a Fenix flash light, plus a bathtub ground sheet.. From experience, I find the #5 zipper to hold up better for the long run than the lighter #3 zippers commonly used in ultralight tents. I also had a 8.5"x23" Dyneema tent sack made to easily pack the tent and protect it as I carry it on the exterior rear-back center of my pack. Cost (not weight—it is shown	18.3	430	Tarptent.com Sublite Sil – a one person tent. Manufacturer comments: "Sets up with dual trekking poles (135 cm or higher) or optional 5-ounce poles. http://www.tarptent.com/sublitesil.html Tent and weight includes 4 tent stakes. The Sublite Sil I own and was used for 24 days by a friend and co-hiker and who loved the tent.	21.5	199.00	 Dimensions (when pitched): - Peak Height: 48" - Rear Height: 30" - Length: 9 feet - Width 5.5 feet - Width at ends: 40" - Door Height: 29" - Front Trekking Pole Height: 49-50" - Rear Trekking Pole Height: 31-32"	Pack
				 Another tent, just released is the 24 ounce Skyscape – Trekker by SixMoonDesigns for \$225 (regular price, on sale during May 2011 for \$175), which is a hybrid double wall tent. If you are paranoid about how well a rain will handle in a torrential, 100 year storm (we encountered one for a 8 hour period				

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	below, several rows) includes a 4 oz Cuben Fiber (1.5 oz/sq yard) bathtub ground sheet – with this tent, the groundsheet is on top of the insect netting floor). You can now order this tent with an extended beak. I recommend doing so (you can skip the internal privacy door then), when it snows, the extended beak is appreciated for keeping snow out. As I went to press, SixMoonDesigns has released a cuben fiber hybrid double wall tent, the Skyscape - X. This is a solo tent but is 8.5 feet long.			for the first time in 11 years in 2010), having a double wall tent is advantageous. Tarptent's Moment and Rainbow tents (30 oz or 34 oz respectively) have an optional ceiling liner (4 oz) that protects against “misting” in single wall tents. The Rainbow has the advantage of being able to sleep 2 people in a pinch and is spacious enough for you, your dog and gear too (dogs are only allowed in the national forests but NOT on backcountry trails in the national parks). Gear can fit between inner and outer wall in the Moment though.			 Shown w/ optional doorway clippe	
11	Titanium Goat carbon fiber tent stakes (Ten 6” stakes at .22 oz apiece, \$13.50 for a 5 pack) – I pack 9, leave 1 at home (1 spare) http://www.titaniumgoat.com/stakes.html one of the stakes is a spare stake.	2.2	27.00	Same, but only a 5 pack as the Sublite Sil tent comes with 4 stakes	1.1	12.00		Pack
11	Zpacks Large Tent Stake Sack	.1	5.95	Use a 1 Gallon ZipLok Bag	.5	.10		Pack
12	REI SMC Sno-Tent Stake. This serves two purposes—it can be used as a poop shovel, weighing 1.5 ounces less than a plastic poop shovel, and it can be used as a spare tent stake. This is about one inch wide, it digs great and saves	1	2.00	Same	1	2.00		Pack

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	weight. http://www.rei.com/product/358111							
15	This is the “groundcloth” row for the tent – one is not shown for me, as mine is custom made and priced in with the tent system – see above. I am showing the weight of mine here though. http://www.zpacks.com/shelter/cuben_groundsheet.shtml	4.0	0	The low cost option is to use 2ml painter’s plastic groundcloth – should be able to buy a sheet you need from a local painter for \$5 – it is typically sold in 200 foot roll and for that price (about \$18) you might as well get the GG sheet I got for \$25. Another low cost option is to use the Windows Insulation Plastic which costs about \$13 such as the 3M 2144W Indoor Patio Door Insulator Kit (http://tinyurl.com/yhkzop4).	3	\$5		
20	My favorite pack, the Granite Gear Nimbus Ozone is no longer made and is hard to find, although it may be available on Ebay or Amazon. Granite Gear I find makes the most comfortable packs in their Nimbus equivalent lines, because of the frame and belt. The closest pack to the Nimbus Ozone is Backpacker Magazine’s 2011 Editor Choice pack, Granite Gear’s Blaze AC 60 pack (for men) and the Blaze AC 60 Ki for women. This pack is larger than the Vapor Trail, the smallest pack I know can carry this gear list, but smaller than the Nimbus Ozone. It is 60 liters or 3660 cubic inches versus 62 liters	46	198.98	In the same weight category, the Nimbus Core is a new pack by Granite Gear and its volume capacity as I tested it is 100% identical to the Nimbus Ozone. It is 100% made for the large bear canisters, such as the Bearikade Expedition. You should get a 23 Liter (large) eVent Sil Compression Drysack for the dry sack you’d use in the center top or center bottom (I prefer the center bottom). Other hikers in my group have settled with the Granite Gear Vapor Trail pack but its frame is not as comfortable and it’s not for me. It is also no longer made too. There are other light packs. Other notable packs with an internal frame	57.6	59.57	 Blaze AC 60 (above) 	Pack

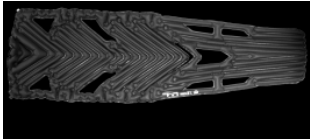
Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	or 3800 cubic inches for the Nimbus Ozone. The pack though is 2 lb 14 oz, 2 oz lighter than the Ozone. These top-load packs of G.G. usually hold more than they are rated due to the long extension collar of the packs. I have replaced the top straps that cross the top with longer straps to enable the pack to be loaded with more volume. The Blaze AC 60 is only rated for 35 lbs total load but Backpacker Magazine said it was comfortable even with 40-45 lbs of gear. The new Nimbus Meridian and Nimbus Meridian Ki (for women) are other substitutes for the Nimbus Ozone. Rated for 40 lbs, 62 liter, and 3800 oz, it is listed as 3 lb 8 oz but one I weighed came in at 3 lb 10.9 oz but the floating fanny pack lid is 8.9 oz of that weight. You could replace that lid with a Zpack Dyneema Lid that weighs 2 oz, reducing your pack weight down to 3 lbs 4 oz.			under 3 pounds are: SixMoonDesigns Starlite (30 oz with stays) Osprey Packs Exos 58 (40 oz) ULA-Equipment Catalyst (43 oz) BackpackingLight.com did a review of all available packs advertised <= 3.5 lbs and found a budget pack they thought was real good but I have not tried it, but am showing it here as the budget pack. It is the Jansport Big Bear 63 pack. They measured it at 3.6 pounds but its cost \$59.57 at Campor at the time of this review.			 Nimbus Meridian  Nimbus Core	
								

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
40	Bearikade Weekender Expedition (can hold 8-10 days of food, 900 cu. inch) – (If you hike in Sequoia National Park and always camp at sites with bear boxes, a bear resistant cannister is not required – in Inyo National Park where Mt. Whitney is, a bear resistant cannister is required – there are cheaper cannisters but they weigh a pound more and hold considerably less food. http://www.wild-ideas.net/b_weekender.html	37	275	I really recommend you get the Bearikade Expedition, but if money is a drawback, you can rent one plus shipping for a JMT thru-hike from http://www.wild-ideas.net/contact.html but you have to email them at this form or call them to find out their special pricing for the JMT. Telephone 805-693-0550. I am showing a \$75 cost based upon hearsay understanding of the rental cost and shipping fees for JMT hikers but this information is years old. The nearest competitor is the 700 cubic inch Bear Vault 500 but it holds 200 cubic inches less and weighs 4 oz. more. Its cost is between \$60-\$80. The REI link is http://www.rei.com/product/768902	37	\$75		Pack

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
50	20 F Nunatak USA Alpinist Down Sleeping Bag with the Quantum Fabric Option. This is a very expensive bag, custom made, and requires about a 8 week lead time. See this page. I asked how only an extra 2 ounces of weight over the Western Mountaineering Summerlite Down Sleeping Bag (good down to 32 degrees F) could make it that much warmer. Nunatak informed me it was the shorter zipper, different hood shape, and using less down on the bottom side (which is not so important as the Sleeping Pad makes up for warmth there), enables this gain. I did the 2010 JMT with this bag and it was definitely warmer, not once did I get cold in this bag. If you want a luxury down bag about \$130 less, consider also the Western Mountaineering Ultralite is a 20 F bag that weighs 29 oz. and costs \$370. Feathered Friends has a 20 F bag weighing 1 lb 11 oz, called the Hummingbird, costing \$349 and you can choose either of two fabrics. Golite has a 20 F 850+ Down Quilt (uses your sleeping pad for warmth beneath you) that weighs only 24 oz and costing \$275 (out of stock at time of this	21	439.00	The Kelty Cosmic Down 20 F bag which is only \$99.85 at REI but it weighs 2 lbs 8 oz. (40 oz) versus the 37 oz shown below. Backpackinglight.com reviewed this Kelty bag and gave it a "Recommended" Status. Campmor has this bag currently on sale for \$79.98.	40	79.98		Pack

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Loc n
	document).							
55	This is a luxury item with multi-utility purpose. If it was not this light I might not bring it. But I did bring it in 2010 even with the 20 F bag and really was glad I did. A cuben-fiber 3 oz bivy by Suluk46. I paid a small extra fee to have a 36" zipper added to it (top center). Unfortunately this is now sold out. Email manufacturer to see if it will be resold again. The bivy serves the following purposes: (1) protects sleeping bag from tent wall condensation, (2) adds extra protection to the sleeping pad, (3) acts as a bedding sheet if too warm to sleep inside the sleeping bag, (4) force one to stay on top of the sleeping pad when pad and bag is inserted into the bivy (which is the case), (5) adds additional warmth—about 5 degrees when needed, and (6) acts as a wind breaker if sleeping in a tarp or tarptent when it is very windy.	3.0	\$235	With the 20 degree F bag recommended above, the bivy may not be needed but freak storms can occur driving temps down to 20 degrees F which happened 1-2 days in early August 2009. At least get an emergency bivy for such occasions. http://www.rei.com/product/750944 Adventure Medical Kits Heatsheets Emergency Bivvy Item # 750944	3.8	16.00		Pack
								

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
60	Second Generation, Spot II Satellite GPS Messenger http://www.findmespot.com/en/index.php?cid=102 http://www.rei.com/product/784892 Requires \$99 annual subscription; \$12.95 for optional extraction assistance in countries without emergency services (available at www.findmespot.com) Price shown includes the \$99 service plus \$13 for insurance.	5.2	\$261.95	I recommend this emergency locator device for not only its features but because for an extra \$8 per hiker, they have a very affordable insurance policy to protect hikers from being charged for recovery costs. While hikers being charged for rescue operations is extremely rare, California law permits it to be asked of hikers and out-of-state hikers are at higher risk than in-state hikers, especially in light of California's latest budget crisis, and especially if the rescue is done outside of a National Park where the sheriff might call in a private helicopter service if a government one is not available. For \$12, why not be protected against this rare event? Since only one person in the group should have this device (it can be rented too), I am only showing the \$12 insurance cost in the Lower Cost Description column.	0	12.00		Pack
70	I switched from the Montbell 150 Pad to the the new Thermarest Prolite which is 2.3 oz lighter in 2010 but any pillow you bring will not stay situated (I like the Montbell pillow attachment design better). I will describe here these two pads as well as another alternative.	16.9	74.00	Therm-a-Rest Z-Lite Sleeping Pad (closed cell foam, foldable)- Regular, REI Item # 781089 http://www.rei.com/product/781089 This is 6' long, you can cut off 1 foot to make it only 5' long and reduce weight to 12 oz versus the 14 oz for the 6' long. I personally recommend the Montbell pad instead as it is far more comfortable for	12	39.95		Pack

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	In 2009 I used the Montbell U.L.Comfort System Pad 150 which weighs 18.3 oz . This is a 5' long 1" thick inflatable sleeping pad which I find much more comfortable than the NeoAir pad that came out by Thermarest in 2009 and which I tried for 1 month before returning it. This pad has ability to attach a Montbell pillow to it which I highly recommend, shown below. http://www.montbell.us/products/detail.php?p_id=1124273 It is a super great pad and if was the same weight of the Thermarest Prolite, I'd go with it. Thermarest reduced their pad to 16 oz though. I had a delamination issue after 3 years for the Montbell and returned it and told them to only fix it if they were not going to charge me, and before I found out their response REI had a 20% discount sale and I got the Thermarest from them, then I got a new Montbell without charge. I worried about the delamination occurring again (symptom is a large air bubble about 3-4" thick occurring) and took the Thermarest Prolite with me in 2010. Since the hike I found out this can happen to Thermarest			very little extra weight but I have used a Z-Lite pad for 6 years in the High Sierra and one is so tired at the end of a day that one could sleep on rock, so one will be able to use this pad just fine. It's only if you compare it with the Montbell, that you will wish you had the Montbell pad. 				

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	pads too. There is not much you can do with a delamination problem except return to manufacturer. I do not know which brand has this problem the least. You can continue to use the pad with the delamination but it is uncomfortable. I hope such does not happen on a JMT hike. If you want something that can't fail on you, consider the Thermarest ZLite pad discussed in the column to the right. Recently another pad has come to market that very much appears less likely to suffer a delamination problem, and that is the Klymit Inertia XL Sleeping Pad and it is larger but only 16.8 oz total weight.							
350	Montbell UL Comfort System Pillow (I used this in 2008 and find it the lightest, most comfortable pillow I've ever used.) Either from Montbell web site above or at http://www.prolitegear.com/montbell_ul_comfort_system_pillow.html If you do not want to get the Montbell, an alternative pillow that is only 1.3 oz is the Kooka Bay Pillow. It measures 12x7.5x3.5".	1.8	24.98	The inexpensive alternative is a toddler's cotton pillow cover that you stuff with clothes and on top put a 1 oz large sponge. http://tinyurl.com/yaugsxv	3	13.00		Pack

Row	My Gear Description	MG Oz	MG Cost	Lower Cost Description	LC Oz	LC Cost	Picture of My Item	Location
	In 2010 I actually used this pillow along with a miniature pillow case made of Momentum fabric that weighs a total of ½ oz. The pillow case is 14"x17" and is identical in pattern design to the Cascade Design Trekker pillow case that weighs 2.3 oz. Weight shown is the Kooka Bay Pillow and the Momentum Pillow Case. I stuff the Kooka Bay Pillow and the down jacket in it to make up the pillow I sleep with. I got the Momentum fabric from Quest Outfitters but they no longer sell it but do sell similar fabrics.			 xtra Large Grouting Sponge, 7-1/2 x 5-1/2 x 2" at Lowe's (Item #: 43743, Model: 2668). Baby Pillow Case is 12"x16" at http://tinyurl.com/y9yf86c - Weight of 2 items is a guess.				

80	In 2011, I have decided to go with my cheap Croc knock-offs from Walmart which fit me super snug and weigh 4.4 oz a sandal, so this is extra weight. Why when there are much lighter items to bring? Simply it is to have something for both streams and camp that dry immediately and are comfortable enough to wear doing short walks even while at a resupply place where there is a store nearby.	8.8	12.00	Same option recommended	8.8	12.00		Pack
				For both more expensive and cheaper alternatives (some lighter, some heavier) see the very lengthy, multi-page writeup in the last section of this document. If you can not get your sandals to fit so snug and comfortable as I did, see the optional ways to fit the sandal to your feet, such as with extra-heavy duty rubber bands or with gaiter straps.				
120	Charmin® To Go Bathroom Tissue - 55 sheet roll in plastic pull-out dispenser; 1-ply, 210 X 4.5 in – Weight shown is for dispenser and 7 rolls for a 8 day hike. I only carry one dispenser but I carry 6 rolls for 7 days to ensure that even if I suffer “the runs” -- that I am adequately supplied. http://www.minimus.biz/detail.aspx?ID=7354	6	7.28	Same	6	7.28		Pack

13 I own and like the Integral Designs
0 eVent Thru Hiker Jacket XL size
but it is no longer made. 100%
suitable replacements for this
ultralight eVent fabric rain jacket
(which also serves as a wind-jacket
too – nothing is more breathable
and waterproof than eVent fabric
per the published comparative
analyses [research](#)) exist though.
Now your choices are: [Rab](#)
[Momentum](#), [REI](#)
Westcomb Specter LT Hoodie
Jacket - Men's or [REI](#) Kimtah
Jacket with eVent Fabric -
Women's. REI also has a cheaper
eVent jacket that weighs 5 more
ounces but is \$70 cheaper too (the
Men's Kimtah).

The eVent rain jacket is so
breathable that it's a great wind-
jacket too. I used to bring the
Rainshield Jacket plus a wind-
breaker, now I just bring the Thru
Hiker. It is 4 oz more (this 13 oz
jacket versus the combined 9 oz
weight of the two previously used
jackets), but the comfort level I
find worth it. I have walked for 4-
5 days of daily rain (about 2 hours
of rain per day) in the High Sierra,
and found this jacket fantastic.

[http://www.backpackinglight.com/
cgi-bin/backpackinglight/integral-](http://www.backpackinglight.com/cgi-bin/backpackinglight/integral-)

13 260 [O2 Rainwear Original Hooded Jacket](#)
(Man's Large). This is the most
breathable, lightweight rain gear one can
get but it is inexpensive. Do not get the
pants as they are too fragile for
backpacking but the jacket can hold up



for 1-2 long
hikes but it can
be easily torn.
For
backpacking,
take some
housewrap tape
with you to

repair tears. It does the job. But light
and breathable it is, the only more
breathable waterproof fabric is Event
which will cost you ten times the amount
and weigh 80 percent more. I bought
separately and got different sizes. Extra
Large jacket weighed 6.3 ounces. The
jacket holds up better than the pants. The
jacket is so breathable yet waterproof that
it serves as a jacket even when there is no
rain just fine though.

The best research on breathable,
waterproof clothing is here: "Waterproof
Breathable Fabric Technologies: A
Comprehensive Primer and State of the
Market Technology Review," by Alan
Dixon, <http://tinyurl.com/au329>

5.9 29.95



Pac
k



[designs-event-rain-jacket-review.html](#)

Also, see the State of the Market report on new Rainwear at BackpackingLight.com though, one done in [2005](#), the other in [2011](#).

13	2-1/2"White SHEATHING TAPE	.2	.50	http://tinyurl.com/chfqem	.2	.50		Pack
3	Intertape Polymer Group Model: 5936USW Do it Best SKU: 122149 Bring some Sheathing Tape, wrap around your hiking pole (or carry in your pack—see below), for tear/rip repairs of the Rainshield Rain Jacket.			The most common color for this tape is red and you can buy it at any hardware store, it also goes by the name “House wrap tape”. It is used to tape two strips of tyvek together on the outside of the house plywood and beneath the house siding.				
13	2” x 3/4” sponge insulation hollow	.1	.25	You can buy at Home Depot for .98 3-6 feet of water pipe insulation foam, that if cut in 2” width makes a good ultralight roller to wrap small sections of tape around.	.1	.25		Pack
7	“pipe” to hold the above tapes Called Armacell Tubolit 3/4 in. x 6 ft. Polyethylene Pipe Wrap Insulation at the Home Depot.							
14	Granite Gear Air Space Bags for	5.9	66.00	A variety of heavy-duty Freezer 2 gal and 1 gal Zip Lock Bags	6	9		Pack
0	Internal Pack organizing. These are great bags, ultra light weight and zippered. I use one medium bag for clothing, one small for non-smelly first aid and equipment repair/batteries, one extra small for smelly first aid and smelly toiletries (store in bear box at			http://preview.tinyurl.com/rx5gze http://preview.tinyurl.com/y8a98yf				

night), and one small bag for all sleeping items except pad and sleeping bag.

<http://preview.tinyurl.com/24utcm>

– I have one medium, 2 small, one extra small.

- 16 Granite Gear Uber Light (Cuben
0 Fiber) Dry Sack, 18 Liter

<http://www.backcountrygear.com/catalog/accessdetail.cfm/GG1030>

One needs to compress their sleeping bag and at all costs keep it dry during the day. I just ordered this item. I will verify it is 100% waterproof by turning the bag inside out so the inside is on the outside and filling the bag with water and see if it leaks.

This is sized a little large to enable it to not only hold your sleeping bag but your down jackets and wool extra underwear too.

Trailspace has a great review on these sacks at

<http://preview.tinyurl.com/ycp76fg>

.8

48.95

You really want to protect your down sleeping material in a rain storm or if you fall crossing a stream. Whatever you get, ensure that it is 100% water proof by

2.5

6.79



Pack

turning it inside out and filling the inverted-inside with water to see if it leaks. If it does, it is not waterproof. Turn the container upside down to see if it leaks from that angle too. Some brands leak and in some cases some models of some brands leak but not other models. Get a XL or XXL ziploc bag, as the lowcost alternative to protect your Sleeping Bag. Weight is guessed.
<http://www.drugstore.com/products/prod.asp?pid=150829&catid=79926>

17 Patagonia Men's Long Haulers 0 (shorts) – I found these to be the lightest shorts useful for sleep, backup to pants while you wash them, or useful as a swimming suit. At 4.1 ounces, it is incredibly light and comfortable to sleep in. They also are backups for underwear if I did not have time to wash them.	4.1	45.00	I am presuming you can buy cheaper shorts that weigh a little more for \$20.	5	20		Pack
17 Western Mountaineering Flash 5 Vest, XL Size. It can get cold at times during the day, and it is not untypical to see temperature changes from 28 degrees to 95 degrees occurring daily. With wind it can get colder. For 2009, I took a Flash Vest plus the half-sleeve Montbell, together which is the same weight than a XL Western Mountaineering Flight Jacket but is much warmer.	5.7	125.00	The below down jacket from Land's End should work alone if their temperature ratings are to be believed. But if you want to be extra prepared for a cost of \$17 and 2 oz, bring an AeroVest for extreme cold. To be able to deflate and reuse it, bring a 10" strip of surgical tubing. See web site for more information: http://www.combatcasuals.com/id_aerovest	2	17.00		Pack
http://tinyurl.com/e2lv9 ♦850 Plus Fill Power Goose Down ♦Super Light Vislon Zipper ♦♦Average Total Weight 3 1/2 oz. http://www.montbell.us/products/detail.php?cat_id=71&p_id=2301295							



180	Montbell U.L.Down Inner Half Sleeve Jacket, size XL. It would be cheaper to get a thicker vest that has the warmth of these two items but the advantage of using two items, is one can layer to avoid getting too warm, plus one has some shoulder, upper arm protection, plus I got both items at a discount, one used, and it was cheaper and more functional to go this route. http://www.montbell.us/products/disp.php?cat_id=70&p_id=2301288 • High quality 800 fill goose down • 15-denier Ballistic Airlight hollow fiber nylon shell • Standard DWR treatment • Size: XS/ S/ M/ L/ XL • Weight:5.9 oz. (Size M), Fill Weight:1.7 oz.	7.0	100.00	Reportedly (per another researcher at BackpackingLight.Com), the Land's End 700 SnowPack is the cheapest, lightest, warmest down jacket one can get. See http://preview.tinyurl.com/ya9ftqo  # Nylon shell with water-resistant DriOff™ finish # 700 fill power down that's extra-warm and lightweight # Three zip-close outer pockets # Zip-front with inner storm shield # Packs into pocket # TEMPERATURE RATING: -10° to 15° Fahrenheit. Weight reported by Outside Magazine for their Medium size. Sale price valid as of 12/12/2009.	14	63.95		Pack
530	Black Rock Down Beanie. A feature rich, ultralight, warm beanie, under 1 oz. Four colors and different sizes.	.9	59.00	Smartwool Training Beanie (there are lighter beanies but I needed one warm enough for my head during the night)  http://tinyurl.com/ch2fm6	1.8	15		Pack

19 In 2009 on the JMT around August
0 4, rangers alerted us to leave the trail for 1-2 days and wait out a “100 year storm” that threatened to lay down up to 4“ of snow at elevations of 9,000 feet and temperatures down to the low 20s, with rain possible beneath that elevation. The snow and the rain did not occur but the temps did get down to the 20s. I wish I had packed 2 ounces more of weight to protect the hands. I have a pair of ultralight ULA Rain Mitts which are no longer made, the closest equivalent are the [Mountain Laurel Designs eVent Mittens](#) or the Silnylon Mittens made by [d-endavors.com](#).

1.2

45.00

See MLD’s eVent Mittens at

<http://tinyurl.com/ylzc8xh> or the Silnylon Mittens at <http://www.d-endavors.com/rainmitts.htm> -

Price shown is for the

Silnylon ones but if you can afford them, you’ll like the eVent ones better for they are breathable. Other heavier choices are shown here: <http://tinyurl.com/ykjgf6w> Just recently discovered are these Orange ultralight ones under 1 oz for \$25 at UltraliteGear.com. Budget column now shows these orange mittens as chosen.

1.0 25.00



Pack



20	The Possum Down Liner Glove I recommended last year I discovered do not last long, the finger tips easily unravel. For 2011, I am going with the Ibex Zing Shak Liner wool gloves and they weigh .45 oz more though. Worth it if they last longer.	1.95	\$35	The cheaper alternative is to bring a heavy duty liner glove you already have at home. You can get the gloves shown to the right in various colors. Mine are black. It is important if there is a 100 year or 50 year cold front that hits you on the JMT in July/August to be prepared for it. The cost shown here is only about 6-8 extra ounces of weight to be prepared for it.	2	0
23	SteriPEN AdventurerOpti Water Purifier. This is a new improved SteriPen which I beta tested in 2009 and am acquiring a production model in 2010. The Steripen AdventurerOpti (http://www.steripen.com/adventurer-opti) is the perfect purifier in areas where the water is clear and all you want to do is purify the water (that is, kill the invisible stuff such as viruses, bacteria, protozoa (including Giardia and Cryptosporidium). It purifies one liter of water in 90 seconds of stirring (using a 1 liter plastic bottle as mentioned above). It uses 2 CR123A batteries which kept their charge for a 8 day hike purifying between 4 and 5 liters of water a day. Our hike was 15 days total and at the midpoint resupply break I changed batteries on purpose.	3.5	100	Steripen is not required, as the lowcost option is to use Chlorine Dioxide tablets exclusively. It is lighter and cheaper to only use this.		



Pack

<http://www.rei.com/product/799003>

Weight shown is without the carrying case – I stored it in a pack shoulder pouch bag, equally protective. Unit comes with 2 CR123A batteries. Weight includes those 2 batteries.

Effective against bacteria, viruses and cysts, such as cryptosporidium
Makes questionable water bacteriologically suitable to drink
No aftertaste - improves the taste and odor of water
Proven effective against Giardia Lamblia, Cryptosporidium, and Viruses
Available in 20 tablet and 30 tablet sizes
Cheapest is 30 tablets for \$10.99 at Campmor -
<http://tinyurl.com/yb8tamy>
Cost is for 5 packages of 30 tablets apiece (150 tablets in all—good for 6.5 quarts a day for 23 days)

1 54.95 Recommended as low cost option too. This is recommended for those who use the Steripen as a fallback option. Some people assert they notice an aftertaste. There may be some truth in this. Myself on the 2009 JMT, I used the tablets to treat water at night at camp, doing about 6 quarts of water which was used for handling supper and breakfast and starting of hike. I used the Steripen throughout the day hiking. This provided a combination of ease and minimal time waiting for water to be ready. For the low cost option, one just needs to skip use of the Steripen.

Potable Aqua Chlorine Dioxide and AquaMira Chlorine Dioxide tablets are chemically identical to the best of my knowledge.

1 54.95



	4"x8" 1 Micron Polyester Filter Bags - Use a wire cutter to remove the steel ring and it is a 1 oz, 1 micron filter. If you pre-filter the water before you treat with the Chlorine Dioxide tablets (either Potable Aqua Chlorine Dioxide tablets or Aqua Mira tablets, either are chemically identical), one only needs to wait 20 minutes after putting one tablet into each quart of water. If you filter 6 quarts of water a day, you'll need 5 units of 30 tablets. Weight of 150 tablets (good for 6.5 quarts a day for 23 days) is estimated at 1 oz. http://www.dudadiesel.com/choose_item.php?id=fbp81	1	2.99	Recommended as low cost option too	1	2.99		
				Some links on efficacy of Chlorine Dioxide treatment of water and the benefits of 1 micron or smaller filters are here: http://aquamira.com/bpl_2_efficacy-of-water.pdf http://www.cdc.gov/healthywater/drinking/travel/backcountry_water_treatment.html http://www.cdc.gov/crypto/factsheets/filters.html Notes: "C. [Cryptosporidium parvum] oocysts can be as small as 4 microns (Flanigan and Soave, 1993)" – see http://biology.kenyon.edu/slouc/bio38/hannahs/crypto.htm "Giardia (say "gee-ar-dee-ah") cysts are elliptically shaped and range in size from 6 to 10 microns." – see http://www.water-research.net/Giardia.htm				
240	Aloksak Extra Sacks (for fjording water, Trash, Snacks) – various sizes	3.2	12.50	http://preview.tinyurl.com/253qvw The most important sack for you to get is the large capacity sack, I recommend at a minimum, 2 for trash (1 is backup in case 1 st seal breaks).				Pack
250	Titanium Tri-Fuel Caldera Alcohol Stove System, 900 ML (stove system and 900 ml titanium pot/mug) – Weight is for the stove system minus the dual-purpose	8.0	117.00	Trail Designs Caldera Keg-F Alcohol Cooking System http://www.antigravitygear.com/proddetai	6.3	59.95		Pack

mug/pot (with lid) is 8.oz. Wt. of the Tibetan Goat Titanium 900 ML mug/pot is 4.4 oz.

“This is a revolutionary approach to alcohol stove cookery. Trail Designs has developed a cone and stove system that is tuned to specific pots to create the most efficient alcohol stove system in the known universe.

By completely enclosing the pot and stove within the Caldera Cone, and fine tuning the alcohol stove (included) to work in that environment, we are now able to milk every last BTU out of your fuel and funnel it onto all sides of your pot. Not only does the cone system optimize your fuel usage, we also eliminate the need for a pot stand by supporting the pot from the top of the cone.....and its wide base provides the most stable system on the market.

And if that weren't enough, by totally enclosing the pot and stove, nothing performs better in the wind. Period. The Caldera Cone unfolds to pack flat or you can roll it up for easy storage in a protected compartment or the new Caldera Caddy that comes with each system.”

l.php?prod=TDCKEG&cat=40



The Caldera Keg-F was selected by two editors in the 2008 Backpacking Light Staff Picks Awards!

Includes the:

- * Stable, efficient, wind resistant Caldera Cone
- * Recycled Caldera Keg and lid
- * 12-10 Stove with integrated primer pan
- * Lip-Guard
- * Monster Band for unformed cans
- * Fuel Bottle kit with measuring cup
- * Insulating cozy
- * Caldera Caddy to protect it all AND double as mug/bowls.
- * NOW with titanium re-enforced dovetail closure!!!!



If you only cook suppers on trail, for a 6 day stretch, bring 8 oz of alcohol, so you'll need a tiny 5 oz plastic bottle of denatured alcohol on top of what you carry in the provided container.

<http://www.titaniumgoat.com/TiTri.html>

<http://www.antigravitygear.com/productdetail.php?prod=AGCDSK>
(Optional Silnylon bag.)

<http://www.antigravitygear.com/productdetail.php?prod=AGCZCDY>
(The bubble aluminum-foil cover shown in the picture to the right.)

Weight of Everything minus the bubble-aluminum foil pot cozy and optional silnylon case is 11.9 oz (this assumes you leave the esbit setup at home).

If you are determined to stick with butane fuel, consider this stove and kitchen set by JetBoil, [the Sol TI premium cooking system](#).

Note on Pot Volume: Trail Designs forms a "ridge" in the body of the beverage container so that it rests on the top of the cone. This ridge is right at 2 cups which means that you can get 2 cups of water down inside the cone to heat, which is pretty standard for most dehydrated meals. The TOTAL volume of the container is 25.4 fl oz, but the top portion of that will not be inside the cone.

Weight of Pot/Cone/Stove - 2.7oz / 77gm
Weight of Everything - 6.3oz / 181gm

26	I used to use the ULA Equipment Rain Wrap but found out in prolonged rain that Silnylon gets wet, to get something more impermeable, I got the TrailLite Designs Cloud Kilt made and sold by Zpacks.com and it weighs only 1.4 oz.	1.4	55	http://www.ula-equipment.com/rainwrap.asp	3.1	25		Pack
0	ULA Equipment Rain Wrap (lightest weight protection in heavy rain for legs and easy to put on and take off with ordinary pants beneath—in 7 years of hiking Sequoia, I have not needed leg protection in the rain but one has to carry something “just in case” but it might as well be only 3.1 oz).			Two more advantages of this over pants is (a) it can be worn while you are giving yourself a sponge bath keeping yourself modest in mixed company and (b) it can be used as a seating “towel” if the ground is wet but it is not raining.				
								
27	Map Bag (Aloksak) with essential user manuals	3	.0	I have computer printouts of my most essential user manual pages (the Brunton weather forecaster, Steripen, Garmin Rino – as I memorize them on the hike, I burn the pages memorized).	3	.0	[no picture]	Pack
0								

28	Shaklee Basic H2™ Organic Super	3	2.80	http://www.shaklee.com/00015.html	3	2.80		Pac
0	Cleaning Concentrate (in one bottle) and Bleach (in second bottle). (I put both bottles in an Aloksak to doubly protect against spillage.) I took about an ounce of the H2 cleaner, undiluted, and it lasted the entire 16 days (165 miles) on the JMT in 2009. This little 16 oz bottle creates an unbelievable 48 gallons of super-safe, really powerful, double-concentrated, all purpose cleaner. No rinse, no residue, streak-free formula.			http://www.rei.com/product/402057			 	k
29	Injinji Crew Performance Toesock,	4.0	28.00	http://www.rei.com/product/728375	4.0	28.00	Crew	Pac
5	Medium (made of CoolMax® and a resistant outer shell of durable nylon--2 extra pairs) – I have avoided blisters in my 8 years of hiking in the High Sierra but not hot feet. For 2009, I will be training with these socks as they seem the most promising. See this link for a review of the sock by numerous independent athletes: http://tinyurl.com/6e3tv8			My goal is to change socks in the afternoon, wash the morning pair and let them dry while hiking via the wet socks hanging outside the pack in a mesh bag. In 2009, I recommended the Merino Wool but I found the fabric to not last long. I've heard and read the Coolmax fabric is more durable and lasting. One does not like to see holes develop in socks on a 23 day long hike. Since I wash socks daily, the importance of merino wool is less imperative for socks. I most highly recommend Merino Wool for the briefs and Tshirts though.			 • Colors Available	k

29	Smartwool Crew Merino Wool	2.0	19.90	REI		2.0	10.00		
7	Liner Sock – Made of 61% Merino Wool, 35% Nylon, 3% Elastic, 1% Polyester https://www.smartwool.com/default.cfm#/Search/liner/_/246/ To provide a dual layer protection between the foot and the shoe, two thin socks will be worn instead of one sock. If the foot gets too hot, I can remove one sock. But until that happens, I can cushion the foot with this second pair of socks. I have worn double-layer socks the last 8 years on the trail.			Coolmax Liner Socks. I actually put the liner sock on the outside of the Injinji Toesock. To provide a dual layer protection between the foot and the shoe, two thin socks will be worn instead of one sock. If the foot gets too hot, I can remove one sock.					Pack
30	IbexWear Balance Briefs (17.50 Micron Merino Wool blend (85% Wool/10%Nylon/5% Spandex); 256 g/m2; Ultra-fine softness; Form-fit. Seamless construction; Body mapping for comfort and support http://tinyurl.com/5rtkjin Get the black color – it more easily looks like a swimsuit brief as well and can be worn as a swimsuit.	1.8	17	Champion Seamless Quick Drying Sports Underwear * Moisture Wicking * Odor Control * Minimal Seams to Reduce Chafing - Ultra Soft Hand Fiber Content: "88% Nylon, 10% Spandex, 2% Polypropylene" (weight is guessed)	2.3	12			Pack
									

32	Platypus 2+ [Liter] Water Bottle. 0 REI Item 617926.	2.4	19.90	http://www.rei.com/product/617926 Weight shown is for 2 bottles	2.4	19.90		Pack
				I tried the Japanese brand in 2009 and they failed after one day. Stick with Platypus brand as they perform (at least for those I know) without failure.				
33	Repel Soft Unscented Insect/Sun 0 Block 15 (2 ounces of weighted lotion will last for a 8 day hike). Bottle bought holds 4 ounces though – you can transfer lotion to a smaller bottle. REI sells small 3 ounce plastic bottles (as does Target and other stores).	2.4	5.75	http://www.rei.com/product/618163	2.4	5.75		Pack
34	Zpacks Large cylinder food bag (a 0 Large "Blast" Food Bag made of 1.5 sq/oz Cuben Fiber), 8" diameter by 15". Makes a great water holding container (if it leaks, seal the seam from the inside with the sheathing tape described above). Can also be used to hold your hydration platypus (water) while hiking. http://www.zpacks.com/accessories/stuff_sacks.shtml	.85	20.95	Use a 2 or 3 gallon zip lock bag.	1.5	1.00		Pack

360	Tibetan Titanium Trek Kettle / Pot with Lid - 115mm tall - 900ml capacity • Fits the Caldera Cone stove for the MSR Titan Kettle • 3.6 inches (92mm) tall x 4.75 inches (121mm) diameter • Combined weight 3.4 oz (96g) • Mug weighs 2.6oz (76g) • Lid weighs 0.7 oz (20g) http://tinyurl.com/97r8e7 This acts as my drinking mug, sterilizer bottle for the steripen, coffee mug, and cooking pot. It holds 30.5 oz of water, nearly a quart which is what the steripen will sterilize at a single batch.	3.4	43.99	Evernew Titanium Ultra Light Deep Pot .9L (ECA2 65) http://www.anti-gravitygear.com/proddetail.php?prod=ECA265&cat=114		4.4	40.95		Pack
365	Invisible Clock II – Without the plastic holder, this is about a 1 ounce alarm clock that is about 20 times louder than any other alarm clock in this weight size. I have a partial higher frequency hearing loss and normal wristwatch alarm signals I can not hear well enough to have them wake me up and I wake up about 4:45AM daily on the trail in order to hit the trail at about 6:45 am. Yes it takes me awhile to get going in the morning. This clock only uses 1 AAA battery. Features: “Alarms - set up to 12 different alarms to vibrate or beep at various times during the day ! Handle any	1	39.95	# Toggle switch for easy set to vibration / off / beep - no programming required to set your choice of alert, just a quick flip of this switch. # Adjustable vibration intensity, beep volume, number of beeps - if you want the vibration soft and quiet you can set to low. If you want it strong, you can set to medium or high - same for the beeps. And you can set from 1 to 6 beeps.” http://www.invisibleclock.com/features.htm The low cost alternative is to use your existing watch or depend upon others in the group or depend upon the sunlight.	0	0		Pack	

time management challenge

- 37 Zpacks Cuben Fiber Large Pack 1.2 42.00 33, 39 or 55 gallon garbage bag. You'll 2.5 .60
 8 Cover - 100% waterproof, seamless design; Shock cord draw string cinches tight around your pack; A lightweight strap clips underneath your shoulder straps to ensure that the pack cover will never blow away in a gust of wind! In.6 oz/sqyd Cuben Fiber. The packs that Joe lists on his web site are size small and medium, but he will custom make a large size – see note at right.

http://www.zpacks.com/accessories/pack_cover.shtml

The large fits internal frame packs from 3500 to 5500 cubic inches in volume. It easily envelopes my fully loaded Granite Gear Nimbus Ozone, Medium Size Pack.

I'm not an expert doing this, and it might be better to go with a 55 gallon drawstring drum bag and perhaps cut it and use sheathing tape to shorten the depth of it, but use the large opening to wrap around the pack as shown in the picture to the right. Bag shown below is 1.9 mil, 55 gallon, with drawstring. \$21.65 for 50 bags (with shipping, about 60 cents per bag)

<http://www.shopdirectsource.com/ProductDetails.asp?ProductCode=DT55DRUM>



Pack

- 38 Bison Designs Mini Lock Utility .8 4.95 <http://www.rei.com/product/761242> .8 4.95
 0 Biner (REI Item 678574). [For a dual purpose bear bell, I used one of these carabiners plus the Titanium Coffee Mug/Pot, and attached the two of them to the back of my pack, where the clanging was the equivalent of a bear bell sound. Alerting bears to



Pack

your presence is sound trail safety – you do not want to walk around a curve and surprise a bear. I got the locking Carabiner to 100% guarantee it did not accidentally open and cause me to lose my Titanium Coffee Mug/Pot

- 11 First Aid Kit (Spenco 2nd Skin, Gauge, Band-aids, Sewing Thread/Needle, Antiseptic Wipe for Cuts, Pouch) – Only link and picture shown is for Spenco 2nd Skin which is only needed after you get a blister. Good shoes, socks, Leuckotape is recommended as proactive measures. I have never blistered in 7 years of hiking because of the obsessive footcare I engage in but I have rendered first aid for many hikers.

<http://www.rei.com/product/121078>

6 10.00

Same

6 10.00



Pack

- 39 Leukotape P Sportstape 1.5 Inches X 15 Yards. You will probably use a half roll on an entire JMT hike. This tape has come to replace MoleSkin, which I used previously. This stays on the feet longer even when wet than moleskin. It is like breathable duct tape. Ryan Jordan, editor of BackPackingLight writes “Leukotape is so far and away the best tape on the market for protecting skin from friction that it's one of the few items in my kit

1.5 12.00

I use tincture of benzoin as an adhesive, primarily to make sure the tape's edges remain sealed to my skin. The combination of Leukotape and tincture of benzoin, as unglamorous as it sounds, is one of the most reliable trekking "systems" I've ever used. This is the most critical first aid item you will use. I recommend applying segments to parts of the feet you predict will be sore before you take your first step on the hike. I have proactively avoided blisters this way.

1.5 12.00



Pack

I'm not concerned about improving upon. It's soft, breathable, pliable, sticky, and durable. This last feature - its durability - is its best. I can drain a blister, place a tiny piece of gauze (or toilet paper) over it, apply Leukotape, and then forget about it for a week or more.

See the 2" x 3/4" sponge insulation hollow "pipe" above for this and the below tape so you do not bring the whole thing.

<http://tinyurl.com/5ckyz3>
<http://tinyurl.com/586gea>

- 39 Omnifix Dressing Retention Tape - 1 7.69
 3 2" x 10 yards
http://www.amazon.com/gp/product/B001ANS1YS/ref=oss_product

This tape is favored by some PCT hikers and it is far more breathable and lightweight than LeuckoTape. I bring both tape along and use different tape for different situations. I will bring both types in 2010 as well.

I do not believe in being cheap on tape used for foot care. The feet are the most important thing you focus on hiking. This is not a great expense.

- 1 7.69

Pack



- 39 Hydropel Foot Ointment in 1/4 oz 1 20.00
 5 clear balm jar.

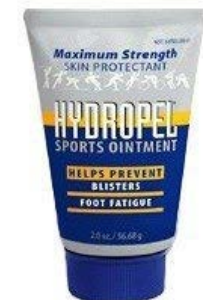
The GearJunkie writeup on Hydropel:
 "I've learned how to take care of my feet. It's a formula that starts with good shoes, appropriate socks, some strategic taping and—for me—gobs and gobs of foot

It does a good job eliminating friction—both between your foot and the sock as well as the skin-on-skin rub between toes. It also repels water, an important trait for people who may tromp through mud puddles or thigh-deep rivers during an average hike."

(I started applying this to foot a month before hike. Apply night before so it is

- 1 20.00

Pack



lubricant.

It's a greasy, gooey salve made by Genesis Pharmaceutical Inc.

Hydropel, a greasy, gooey salve made by Genesis Pharmaceutical Inc., has become my foot lube of choice. It goes on thick and stays that way for hours on end. For a 24-hour adventure race, I usually apply the solution only once or twice.

Best to start applying this ointment to your feet daily for each day prior to the hike for the 2 weeks preceeding.

absorbed into foot and tape can be used if desired during day.)

<http://thegearjunkie.com/hydropel-sports-ointment>

<http://tinyurl.com/6jp39t>

<http://www.containerandpackaging.com/item.asp?item=J004>



- 39 REI Tincture of Benzoin Item #
8 752451. "Tin- cture of Benzoin acts as an adhesive for tape or bandages. Directions (as a tape adhesive): Apply to skin. Let dry until tacky. Cover with tape. Item contains flammables; must be sent via surface shipping only. Cannot be sent to APO, FPO or international addresses."
<http://www.rei.com/product/752451>

.5

5.00

Weight shown is for a ½ bottle. A whole bottle is 1 oz. A half bottle should last a thru-hike such as the JMT. Cost shown is for a half of a bottle. The main purpose of this is to ensure that the leuckotape you use does not unravel for 2-3 days of use. It enables you to even get the tape wet on your feet and still keep the tape stuck nicely to the foot for 2-3 days.

.5

5.00

Pac
k



You can put this in a 15 cc plastic bottle from UsPlastics.com (a 15cc White Boston Round Bottle with Dropper Cap).

40	REI Storm Proof Matches. REI	1.3	4.15	http://www.rei.com/product/617046	1.3	4.15		Pack
0	Item 617046. [My recommendation is that each person hiking bring two boxes of these. Also, after seeing the current shipping requirements for matches, they have to be shipped ground – do not pack on the plane. And ideal container for shipping is better served by ordering the ProForce Equipment survival matches bulk tubes which are NATO approved. http://tinyurl.com/yga2j2y . These NATO matches cost \$6.95 per tube and hold 25 matches per tube. See here for TSA shipping rules: http://tinyurl.com/mm6dk , USPS here: http://tinyurl.com/yf6lmms and UPS rules are here: http://tinyurl.com/yjds2pr . “Mailable types of safety matches must be tightly packed in a securely sealed primary receptacle to prevent any shifting or movement that could cause accidental ignition by rubbing against adjoining items.”			Weight shown is for 2 boxes (each have 25 matches). When one purchases this, it comes in 2 boxes a package.				
43	Aloksak with J&J First Aid Cream	1.1	2.97	http://preview.tinyurl.com/ybw6v3	1.1	2.97		Pack
0	in Eyedrop Bottle and Preparation H in Eyedrop Bottle – This is something you hope you do not need but if you need it, you gotta have it or it will drive you nuts.							

41	Tiny Plastic Clothes Pins (#	1.25	.89	http://www.bjcraftsupplies.com/miniatures/clothes-pins01.asp	1.25	.89
0	16134A 12 pc)					



Pack

45	50 feet Clothes Line on Blue Kite	1	3.00	http://www.reelproshop.com/product_info.php?products_id=77	2	3.00
0	String					

Handle (500# Jerry Brown Hollow Spectra (100 yards) fishing line



(for use as heavy duty rope). 50 feet weighs ½ ounce. (Price shown is prorated for length used.) A plastic Blue Kite String Handle weighs ½ ounce too. This rope has 500 pounds of strength. They also sell a 1000 pound strength rope too. It is used for deep sea fishing. The one down side to using this string for all your guy line is that in a large group the guy lines will not be easily visible at night and people could trip over the guy lines and rip your tent – this happened to two tents in 2009. You can get for \$15 Kelty TripTease Lightline with 3m Reflective Scotchlite to guard against such tent damage. Reportedly this is 50 feet for 1 oz

The two best knots to learn to tie and use this string on the trail are the bowline and the Rolling Hitch (Taut Line Hitch). See <http://www.animatedknots.com/bowline/> <http://www.animatedknots.com/rollinghitch/>

by AnimatedKnots.com



The cheaper alternative is to use some line you already have access to, it might weigh more.



Pack



weight with 188 lb breaking strength due to the Spectra core fabric.

http://www.campmor.com/outdoor/gear/Product_49215

- 46 Plastic rope-line handle to store
5 your laundry line rope (see above). This ½ ounce handle is the lightest, most useful handle I could find. You have to buy the cheap string with it, but it is only \$1.85 with string and handle combined.
<http://www.campingsurvival.com/coreshco.html> Most camping stores sell this. It goes by the name, Coghlan's Replacement Shock Cord

Weight and cost for this is not shown in the columns as it is padded into the weight in the above line.



- 47 MSR PackTowl Personal Face
0 Towel. Instead of a body towel for when you go swimming, use one of these. I bring along two, one for cleaning and drying one's body, the other for drying dishes. For sanitation reasons, I do not favor only using one.

.9 12.95

<http://www.rei.com/product/684302>

.9 12.95



Pack

- 48 Large mesh bag for putting wet
0 clothes in and hanging the mesh bag off your backpack to finish clothes drying while you hike. I try and do laundry every night to keep face cloth, underwear and socks and tshirt freshly clean each day.

.9 18.00

http://www.rei.com/product/720803?vc=REI_SEARCH

.9 18.00

This REI bundle contains 3 bags: S measures 3.5 x 7 inches, with volume of 85 cu. in.

M measures 4.5 x 9 inches, with volume of 145 cu. in.

L measures 4.5 x 11 inches, with volume of 225 cu. in.

The large bag should do the trick.



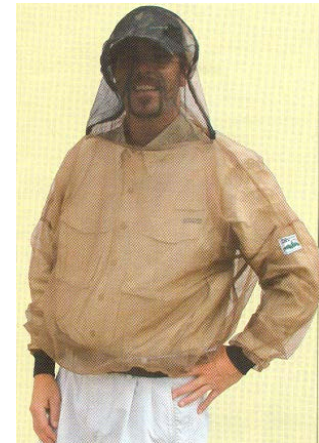
Pack

49 Listerine PocketPaks Breath Strips, .85 .69 <http://tinyurl.com/5t9vtk> .85 .69
 0 Cool Mint (2 per day) – this is better than toothpaste, as you do not need to spit it out (which is a nuisance as one has to worry about attracting bears with the scent of toothpaste). This is lighter and more convenient than toothpaste.



Pack

50 Find out what type of JMT it is going to be when dealing with mosquito protection. If it is a light year and I've encountered two of those, a headnet will suffice. Otherwise a full pullover noseeum jacket should be considered. I wore one in 2010 and was glad, even though it weighed 3 oz. I got the [Compaq Bug Jacket](#) from LakeSuperiorStore.com.
 3.0 16.50 The budget approach recommends to go with the Backpacking Light [Ultralight Noseeum Headnet](#) as it is a way to offset your weight and save \$3.
 .66 13.49

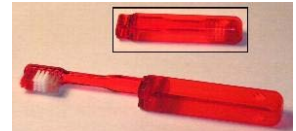


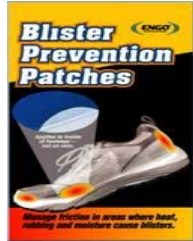
Pack

In light bug years, go with the Backpacking Light [Ultralight Noseeum Headnet](#).

A fellow hiker got a 4.4 oz Bug Jacket that comes with bug mittens and the head zipper is across the neck rather than to the side of the head (I like that zipper placement better). He got the [Sea to Summit Bug Jacket and Mitts](#).

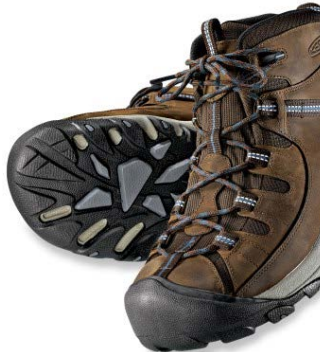


51	Tent Sponge REI Item 675956.	.6	6.50	http://www.rei.com/product/675956	.6	6.50		Pack
0	URL: - this served two purposes, one to wipe down the single wall tent if it got condensation which it did 3-4 nights despite the 360 degrees of ventilation due to the design of the tent. No single wall tent would have dealt with the daily rains any better I can imagine. The other purpose is as a light brush to wipe dry (when sponge was dry) the floor of the tent or the floor of a dirty bear box. This was lighter than any brush. Something I did not realize until doing this document was this feature: "Elastic hang-loop lets you attach it to your backpack [for drying fast]"							
52	Generic Travel Toothbrush C01-0459905-0000	.5	.59	http://www.minimus.biz/detail.aspx?ID=7491	.5	.59		Pack
0	2 piece travel toothbrush. Plastic storage container doubles as handle extension.							
57	Mountain Laurel Designs 8.5" Long Handled Titanium Spoon	.5	9.00	http://tinyurl.com/8hdg5d	.5	9.00		Pack
0	To eat out of the plastic bag (for plastic bag cooking), you need a long spoon. This is it. You are less likely to lose a spoon this long too.							

60	Small bag (2" x 3") of Qtips for cleaning ears of wax	.2	.10	[no link – see 590 for bags]	.2	.10	[no picture]	Pack
61	Engo Blister Prevention Patches – I recommend you get the 30 pack of large ovals – these patches are applied onto the insole and areas of the shoe where you suspect will cause friction with sensitive areas of the foot. I used about 6 patches per shoe/insole (12 for the two feet) and had to replace about 2 patches a foot for the 15 day hike. I highly recommend these in addition to the no-blister socks and moleskin and superfeet insole recommended elsewhere in this guide.	.2	41.95	http://www.goengo.com/details.aspx?pid=35&cid=167	.2	41.95		Pack
62	Extra Strong Rubber Bands – multiple uses. Boxed Rubber Bands 80% rubber. 620-720 psi elasticity. 625% elongation. 12 lb. breaking strength (based on 1/8" wide band). Band count approximate. Size 105 5"l x 5/8"w x 1/16 gauge (thickness). 13 Bands 1/4-lb. Box (you may want smaller rubber bands which are available locally—I show these in case you want extra duty rubber bands in small quantity.)	.2	1.29	http://preview.tinyurl.com/2tq2au	.2	1.29		Pack

64	Backpacking Light MicroZip 2" x 3" Zip Closure Bags (pack of 16 bags) – I used these for soap, tiny kitchen sponge segment, vitamin pills, aspirin, etc.	.05	3.19	http://preview.tinyurl.com/2t465l	.05	3.19		Pack
65	Turbo Charge Iturbo Digital iPod Charger IP140. "Using just one standard AA battery, iTurbo uses digital AlgorChip technology to safely charge your iPod® without overcharging it. ...Compatible with iPod mini (4GB, 6GB), iPod nano (1GB, 2GB, 4GB, 8GB) and iPod classic (20GB, 40GB, 60GB, 80GB, 160GB). Twist on/off switch with status LED". http://www.cyberguys.com/product-details/?productid=13781 Manufacturer is Iturbo Online. http://www.iturboonline.com/iturbo_information.php	1	20.99	The low cost option is to hike without a mp3 player so none is shown.	0	0	 iPod® not included	Pack
Total Ounces of Pack Loaded (Food and Water excluded)		272.49	3168.98	Total cost of gear in Pack (including Pack)	267.16	1255.96		
Total Pounds of Pack Loaded (Food and Water excluded)		17.09		Cheaper option lacks Spot (PLB), Steripen, non-breathable bivy, involves smaller tent and not as breathable rain gear; less layering with down jackets; hence the lower weight.	16.69			

Items Taken/Worn on Trail but not in Pack while Hiking

Row	Gear Description	Oz	Cost	Lower Cost Description	LC Oz	LC Cost	Picture	Location
10	Keen Targhee II Mid Hiking Boots – Men's. Weight shown is for size 9.5. I have worn the eVent style of this boot for the last two years but each year although I super loved the boot, the seams gave out and I got free replacement boots. In 2009, after the hike, the free replacement boots are no longer made of eVent but the seams are double sealed (sewn and glue-sealed), so I think the current model, which uses a proprietary breathable waterproof membrane of Keen, not eVent nor Gore-Tex, will be more durable.	32	79.83	A fellow JMT hiker in the group had these newer boots and swore by them. I will be using them in 2010. I do like their weight and sturdiness over all competitor boots. http://www.rei.com/product/772930 The sale price is currently for Forest Night and good as of 12/21/2009. Regular price is \$125.00 I have tried many other boots but they are not as supportive for the lightness of the Keen for the rough hike in the High Sierra, and am not showing those other boots here.	32	79.83		Body
20	Black Diamond Alpine CF Trekking Poles (Pair) – A triple section pair of poles that use the best locking system, the flicklock mechanism	17	129.95	http://www.bdel.com/gear/alpine_cf.php One could go cheaper with poles, such as those at Walmart http://www.walmart.com/catalog/product.do?product_id=10923994 which would be about \$26 for two of them (a pair) but they are out of stock and I do not advise being cheap on something that if it fails could cause significant harm.	17	129.95		Body

30	Columbia Silver Ridge™ Convertible Pant (Men) – I am now of the opinion to only bring one pair of pants – the one you wear. I wear clean socks, T-shirt, underpants daily. I can wash the Pants in the evening if they are that dirty and wear my multipurpose sleeping shorts (which is also my swimming shorts and camp shorts) or if need be, wear the rain-wrap if need be. If you decide you need a second pair, remove the zip-off legs for the second pair to save weight.	10.8	55.00	http://preview.tinyurl.com/yoefdw	10.8	55.00		Body
40	Columbia Cool Creek™ Mesh Vest (a lightweight mesh fishing vest made of 100% polyester mesh with 100% nylon and 75% nylon/25% elastane Spacer Mesh™).	6.9	39.95	Cheaper alternative is to skip the vest and keep items you'd keep there in your pack.	0	0		Body
100	IbexWear Qu T Men's Short Sleeve 17.5 Micron Merino Wool T-Shirt. There are other good brands, such as IceBreaker, SmartWool. The important thing is that it is New Zealand Merino Wool fabric that is 18.5 or smaller/finer wool. Price shown is a sales price. Merino Wool is favored over all other fabrics as it is the coolest, and does not smell after even 3 days of wear. One can get by with just one Tshirt and wash it every 3 rd day.	6.9	39.95	http://tinyurl.com/5ls95n The science of Merino Wool and performance of these T-Shirts are explained best at this review at BackPackingLight.com: http://tinyurl.com/5c7yp9	6.9	39.95		Body

60 Casio Exilim Card Camera, model EX-Z77 (3x optical zoom, 7.2 megapixel, 2.6" monitor). Camera weight 4.5 ounces. I actually had the Ex-S750 model which is a tiny bit bigger, but if you are going to buy one, I'd get the EX-Z77 model instead. Weight shown excludes case but includes spare battery, and spare SD memory cards and is for my EX-S750 model. I did end up using the spare battery and spare SD card. What I love about the Exilim camera is the best shot picture and best shot wizard – with these wizards, you do not need to memorize your camera manual and settings. These are the two primary settings I use. You interact with the wizard to tell it what type of photo setting you want. It is super easy. Go to a camera store and ask to see the best shot picture wizard feature of the Exilim Camera. Casio sells more expensive models but the EX-Z77 is the lightest of their models (4.16 ounces without battery and accessories).
http://exilim.casio.com/browse_cameras/comparison

4.5 199.95 Casio Exilim EX-Z33 Silver 10.1MP Digital Camera, 3x Optical Zoom, 2.5" LCD



<http://www.walmart.com/ip/Casio-10.1-MP-EX-Z33SR/12338912#rr>

Not shown are the memory cards or extra batteries.

4.5 89.98



Body

- 63 Apple Ipod Nano. I bring along a Nano with music and audiobooks on it. I hike solo often or with another hike who has a Mp3 player and it's nice to sometimes hike with classical music or an audiobook (but I only have the energy to listen to audiobooks towards the 2nd half of the hike after I've built up my strength).
<http://www.apple.com/ipodnano/>

1.45 119

Shown at the left is the price for the 16 gb refurbished Ipod Nano from Apple's Refurbished section of their store.

<http://store.apple.com/us/product/FB918LL/A?mco=MTA4MzcwNjk>

The Nano is far superior to the Ipod Touch for hiking as it has 24 hours of playback for one charge. You'll also need to get an Ipod

Recharger (see last item shown in pack above for that). Use AA Lithium battery for recharging with least weight.

The low cost option, is of course, to hike without an Mp3 player.

0 0



- 67 Integral Designs eVent Shortie Gaiters Ultra-light gaiters. "Made from highly breathable trilaminate eVent fabric, they are comfortable to wear all day long without excessive condensation buildup. Insteps are reinforced with black supplex nylon."
<http://www.moontrail.com/integral-designs-shortie-gaiters.php>

2.5 25.00

Dirty Girl Gaiters (men go for the plain color gaiters).

Read the Backpacking Light.com review at <http://tinyurl.com/97uz7h>.



In 2008, I used the 1 oz Montbell gaiters but they degraded horribly on the trail and the straps would wear out after a couple of days.



The Dirty Girl Gaiters uses no straps, instead they use Velcro. My boots do not have a bottom sole suitable for gaiter straps (there is no heel that drops down 1/2" from the rest of the sole).

<http://www.dirtygirlgaiters.com/empire96.ht>

1.2 15.00

Body



I wore the Dirty Girl Gaiters in 2009 for 18 days but then we were faced with the "100 year cold storm threat" and we vacated the park for 1 day, during that day I switched to my Integral Designs eVent Shortie Gaiters. I found they did not cause me to get hot in the ankles and they were more durable. Had it snowed or rained badly, I would prefer the use of the Shortie Gaiters. So for 2010, I did just bring the Shortie

Gaiters. They are more durable as well. I did adapt them to operate like the Dirty Girl Gaiters as I had a Velcro piece sewn on them.

The Dirty Girl Gaiters are superb for normal JMT summers, however it would not hurt to have your sewing machine go over the seam to reinforce it. The seam stitching was starting to wear towards the end of the 18 days.

[ml](#)

See the top photo at the right to see how the Gaiter attaches to the back of the hiking shoe. I could not find a photo that shows the gaiter so well as the bottom right, but in real life, both feet would wear the same color gaiter, and most men would order a plain color. (Mine are light grey.)

See this page for another review:
<http://www.snewsnet.com/cgi-bin/snews/06602.html>

70 Orange Superfeet Insoles for Maximum Hiking foot protection

3.2 44.95 The cheaper option is to use the insoles that come with the boots.

0 0

I used to use the green ones but switched to Orange in 2009 and really like them better.

<http://www.rei.com/product/752125>



Body

75 "The CamelBak Pakteen Hydration System by CamelBak. Features include: Integrated MOLLE/PAL attachment system, use D ring attachment points to place unit anywhere, exterior fill port with ergonomic two finger handle for filling on the go, closed cell insulation and neoprene tube cover keeps water cool or warm for hours." I use this to provide front-side offsetting weight so that I am more centered rather than all the weight behind me. The weight

9.6 36.20 <http://www.professionalequipment.com/hydration-system-camelbak-76050/first-aid/>

9.6 36.20

- * Capacity: 50oz (1.5 L)
- * Dimensions: 12in x 7in x 1in (304mm x 177mm x 25mm)
- * Volume Including water: 92cu in (1.5L)
- * Weight empty: 0.6lbs (0.2kg)
- * Stand Alone Water System.

Google and read up about the increased comfort of hiking with a front pack. See <http://www.thesyncpack.com/biomechanics.html> (although the SyncPack weighs 2.2



Chest clipped to pack sternum strap

fully loaded with water although only about 2.5 pounds provides a strong centering effect and I have become addicted to the comfort of this centering “feeling” even though it adds a few ounces to total weight.

pounds empty, the CamelBack Pakteen only weighs .6 pounds and serves a critical function (a durable water bladder). This is my front pack and it does not interfere with my vision of what is beneath my feet. It can also be used as a backpack-stored water container and the cover prevents condensation effect in the pack.

80	Wenger Pocket Tool Chest Knife – Features: Pen blade; Screwdriver; Micro screwdriver; Springless scissors with serrated, self-sharpening design; Cap lifter; Wire crimper Nail file; Nail cleaner Reamer; Awl with sewing eye Cuticle pusher; Toothpick Tweezers; Key ring	1.2	18.35	http://www.wengerna.com/content1378	1.2	18.35		Bod y
				I used to carry a 1.9 oz CRKT M16 Compact EDC Spear Knife in addition to the Pocket Tool Knife but decided I could sacrifice the 2 oz and use for my last ditch weapon (in a worse case event), my hiking pole. (Google for lowest price.)				
90	Case Logic Compact, Hardshell Digital Camera Case (SKU-QPB-11). URL:	3	12.00	http://preview.tinyurl.com/2m9ys5	3	12.00		Bod y

10 REI Sahara Cape Hat, REI Item
0 734789. “Soft, breathable nylon fabric is lightweight, quick-drying and helps protect skin from the sun's harmful UV rays. Rear cape offers additional sun protection; can be tucked up inside when not needed” - I have never work sun glasses on the 6 years of hikes as this cap protects my eyes from everything but snow glare and that is so rare and short, there is no point in carrying glasses in my opinion. Other hikers, use them though. A personal preference.

http://www.rei.com/product/748998?vcat=REI_SEARCH

This hat is no longer sold by REI. Bummer, it is a great hat.

90 Garmin Foretex 101 GPS (optional, not required on the John Muir Trail but at only 2.9 oz, it can be convenient)

<http://www.provantage.com/garmin-010-00364-01~7GRMN04A.htm>

<http://tinyurl.com/5au3nk>

2.8 9.83 Closest I can find is <http://tinyurl.com/yfr96n2> which is a Fishing Hat with Removable Sunshield by Dorfman Pacific. Another option is to use an ordinary baseball hat and get the gofastandlight.com Sunshade for Baseball Cap at <http://tinyurl.com/ykyd6qg> for \$9.94.



2.8 9.83



Bod
y



2.9 103 The low cost option is to hike without a GPS and to rely on your compass, the information others in the group have, and a good map.

0 0



Bod
y

30	IbexWear Balance Briefs (17.5	1.8	17	Champion Seamless Quick Drying Sports	2.3	12	Body
0	Micron Merino Wool blend (85% Wool/10%Nylon/5% Spandex); 256 g/m2; Ultra-fine softness; Form-fit. Seamless construction; Body mapping for comfort and support. http://tinyurl.com/5rtkjin This is a dual purpose item, as it can be used as a swimming pants. Get black if possible. If you bring two pair, one worn for swimming can dry while you wear the other one.			Underwear * Moisture Wicking * Odor Control * Minimal Seams to Reduce Chafing - Ultra Soft Hand Fiber Content: "88% Nylon, 10% Spandex, 2%			
							
				Polypropylene" (weight is guessed)			
12	Brunton ADC Pro - Do not bother	2	156.9	http://www.brunton.com/product.php?id=26	0	0	
0	wearing a watch, use this instead (leave the lanyard behind). It weighs less than many heavy duty multi-purpose watches. It has so many features and does local 12 hour weather forecasting – features (including a super loud alarm clock): Displays current relative humidity, heat index, dew point and wet bulb. I consider important to have an inkling of whether or not a storm is imminent before you hike up a mountain pass – this device will assist with its storm alarm and weather forecasting icon display.	9	<u>2</u>	• Current, max and average wind speed (in km/h, mph, ft/s, m/s, or knots) • Shows current temperature • Past 24 hour temperature tendency • Wind chill • Average wind chill and minimum wind chill • Wind chill alarm • Water flow meter • Real time clock • Time, day and date • Chronograph operation • Race timer • Manual and automatic data logging			
							

- Relative air density
- Air density
- Altitude
- Density altitude
- Displays current barometric pressure (in hPa,mb or Hg)
- Storm alarm
- Displays the past 24 hour pressure tendency
- Predicts the coming 12 hour's weather
- Altimeter alarm
- Ski run counter

- IR data communication with PC using ADC-IR
- Waterproof
 - 2 year warranty

This is optional and not shown included for the low cost gear approach.

Be sure you bring along the instructions to recalibrate the altimeter. I forgot. It is extremely accurate if kept calibrated (you can check when you get to signs that tell you the precise elevation).

13 About the ACR WW-3 Emergency
0 Whistle

.3 2.85

http://www.backpackinglight.com/cgi-bin/backpackinglight/acr_emergency_whistle.html

.3 2.85

“The WW-3 Whistle was developed for the US Navy and is USCG approved. Its pea-less design and high impact plastic means that it's durable and rugged enough for extended backcountry use. It is one of the loudest emergency whistles available, audible from great distances.”

(Sold in packs of 3; cost is 1/3rd of package)



Bod
y

29 Injinji Crew Liner NuBamboo
5 Toesock, Medium – I have avoided blisters in my 8 years of hiking in the High Sierra but not hot feet. For 2009, I will be training with these socks as they seem the most promising. See this link for a review of the sock by numerous independent athletes:

2.0 24.00 http://www.injinji.com/tetratsok/outdoor_c.htm

.3 2.85

Crew

Pack



+ Colors Available

<http://tinyurl.com/6e3tv8>

- 29 Smartwool Crew Merino Wool
7 Liner Sock – Made of 61% Merino Wool, 35% Nylon, 3% Elastic, 1% Polyester

2.0

9.95

<https://www.smartwool.com/default.cfm#/Search/liner//246/>

2.0

9.95

To provide a dual layer protection between the foot and the shoe, two thin socks will be worn instead of one sock. If the foot gets too hot, I can remove one sock. But until that happens, I can cushion the foot with this second pair of socks. I have worn double-layer socks the last 8 years on the trail.



Body

- 15 The Fenix LD01 light is probably
0 the lightest, strongest, most affordable light in its class, flashlight for hikers. I used this in 2009 and it was incredible, unfortunately I forgot and left the light in Red's Meadow. This year, I have it's little brother light as a backup light, the Fenix E01 light. Read the reviews:

http://www.flashlightreviews.com/reviews/fenix_ld01.htm

http://www.light-reviews.com/fenix_e01/

These lights use a single AAA battery and I use the Lithium Disposable AAA battery in them. I ordered an accessory clip for the E01 while it came free with the LD01. Shipping is free. This light is ideal if you have a baseball type hat rim. I also put enough of a loop

2

64.95

Price is for quantity two (take 2, one as backup rather than worrying about battery backup). Weight is .5 ounce for one (including its battery).



<http://www.rei.com/product/709068>

1

29.90



Body

of string off the string-hole to secure it around the top of my hat to the back where the Velcro size-adjusts the hat. That way the light can not fall off the hat and disappear.

<http://tinyurl.com/yj3adcb>

16 Warmers Solar Gloves – Unisex
0 (fingerless). I use these with my hiking poles to keep the foam handles from getting soaked with sweat. These are better than golf gloves as they are fingerless, lighter, and cover more of the wrist where the hiking pole strap wraps. <http://www.rei.com/product/685194>

1 15.00 A fellow JMT hiker uses these gloves, they look more durable, a little cheaper too. <http://www.opticsplanet.net/dewalt-work-gloves-dpg23.html> I



0 0



Bod
y

am showing zero cost for this item, as it is a preference item, only used by about 10-15 percent of hikers. So the low cost approach is to get by without them.

16 For years in the High Sierra I had
6 problems with chapped lips that would persist for weeks after the hike but in 2009 I switched to LypSyl LypMoisturizer (they have several styles – see http://lornameadna.com/lypsyl_productfamily.html). I think 2 of them look better than the one I used in 2009 (LypSyl LypMedication or LypSyl LypSensitivity – this last

1 3.29 For the low cost option, I recommend the same item, this is not expensive and chapped lips are no fun.

1 3.29



Bod
y

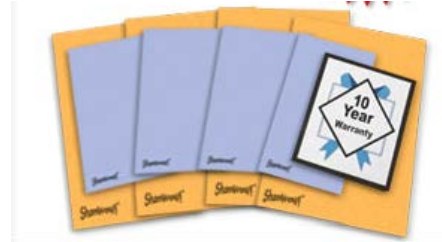
one is free of flavors which might be superior in bear country too).

- 17 Two MSR PackTowl Personal Face Towl. Instead of a body towel for when you go swimming, use one of these. I bring along three, two for cleaning and drying one's body (crotch/face), the other for drying dishes. For sanitation reasons, I do not favor only using one.
<http://www.rei.com/product/684302>

1.8 25.90

The cheaper approach is to use something like Shamwow (at the Internet site, if you try to click away, they drop the price \$5 making a set of 8 (4 large, 4 small) for \$14.99).
 Weight is guessed.

<https://www.shamwow.com/ver17/index.asp>



2 14.99



Body

- 18 Two Fisher Space Pen Stowaway pens (Small Pocket Space Pen with clip, not refillable - Blister Pack)
<http://thewritersedge.com/fisher.cfm> (browse Specialized Space Pens, then Economy Space Pens)

.37 7.75

The cheaper approach is to bring 2 pens from home that you already own.

.75 0



Body

- 19 Three 2 feet long glo-pink or glo-yellow or glo-orange (AKA fluorescent) flagging tape in a 2" x 3" zip bag (purchaseable at any craft or fabric store or at usplastics.com), with a MiniSharpie.
<http://tinyurl.com/289dlml>
<http://tinyurl.com/2356mj7>

.25 1.00

The purpose of this is for group hiking so that the faster hikers can communicate back to the slower hikers if they decide to leave trail for a break or camp site, or what not. The rear hiker picks up the tape and gives it back to the owner hiker. Each member in the group should take one of these kits along. Use two stones to hold the tape to the ground when you place one strip down.

.25 1.00



Total weight of items Worn on Body in Ounces

119.30 1241.64

<= Total cost of items Worn on Body / Weight of Alternative Low Cost Items =>

98.90 562.92

<= Total Alt. Cost

Total weight of items Worn on
Body in Pounds

7.45

Missing are luxury, optional items like the 6.17
multi-function pocket watch which does
weather forecasting, the fishing vest, the
GPS.

Miscellaneous Items to Get in Preparation for the Trail / Travel to Trailhead

Row	Gear Description	Oz	Cost	Lower Cost Description	LC Oz	LC Cost	Picture	Locn
10	REI Classic Duffel Bag - XX Large Item # 795138 http://www.rei.com/product/795138 This duffel bag packs neatly in an included carrying case when not in use. I put my backpack and extra street clothes in this and when I get to the trailhead, I pack the duffel bag, street clothes, cell phone, and street toiletries, including a swim suit and ship to Lone Pine Post Office in care of General Delivery – see http://tinyurl.com/yzpvcuz .	34	44.50	Find any equivalent duffel bag, 18" x 36" (8737 cubic inches or 143 liters in volume) such as this one at Amazon via Outdoor Recreation Group - http://www.amazon.com/dp/B001151EIA?tag=nixe-20	34	24.95		For Traveling to but not used on Trail
20	MyWeigh KD-7000 professional scale. This has many features I long wanted but waited until my old scale totally died on me. Among the features I like are: An adjustable or disable-able auto off feature; can read in in Pounds:Ounces, Pounds, Straight Ounces, Grams, Kilograms; hold feature; 30 year warranty; 1 gram accuracy; Tare functionality (where a bowl or something is considered zero weight, when you only want to weigh what is inside the bowl). 15 lb total weighing	N/A	38.95	Amazon sells the Digital Postal Shipping Postage Bench Scales 35 lbs by LW Measurements for about half price.	N/A	19.99		Leave at home – use for measuring weights

capacity.

http://www.myweigh.com/mediumscales_KD7000.html - Amazon sells this model for \$38.95

Useful Items for packaging and storing your food items before you ship them in bulk to your JMT Supply Spots

I package my food items into 4 separate larger containers a day:

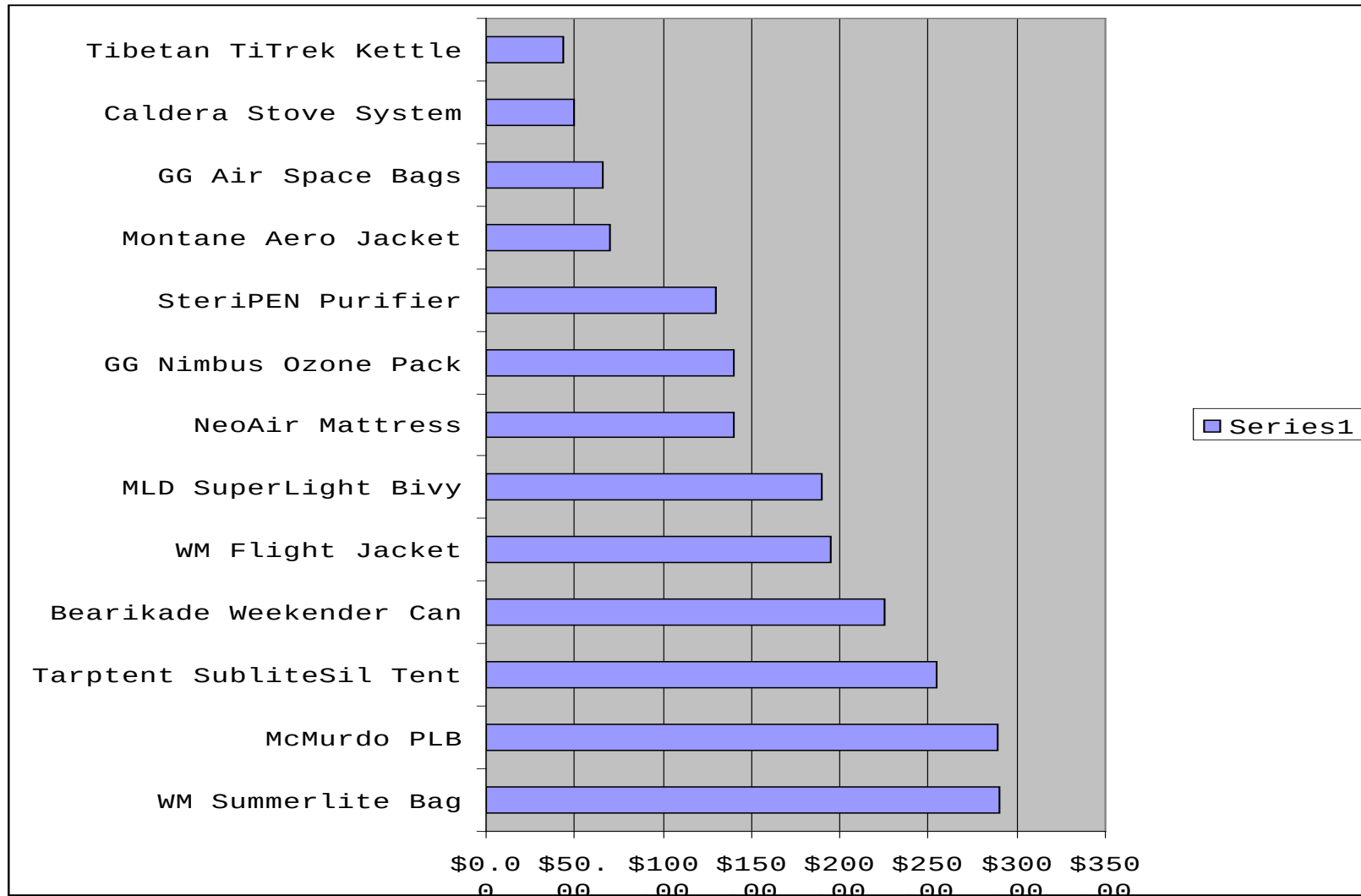
1. The breakfast bag - using a cheap pint or quart size thin plastic bag that holds all the items for breakfast, some of which are inside very tiny ziploc-style bags.
2. The mini-meals between breakfast and supper bag - using a quart size thin plastic bag that holds all the items for use on the trail, some of which are inside very tiny ziploc-style bags.
3. The supper items except for the large aluminum pouch of either Tuna/Salmon/Chicken -- using a quart size thin plastic bag that holds all the items for supper (except for the flesh item), some of which are inside very tiny ziploc-style bags.
4. The large aluminum pouch of either Tuna/Salmon/Chicken which are kept inside their own original pouch.

I have found that US Plastics is ideal and affordable for these tiny ziploc-style bags.

Useful Items for packaging and storing your food items before you ship them in bulk to your JMT Supply Spots				
By Roleigh Martin, 5/11/2011 11:36 AM				
Stock Mini Photo	Item Description	Qty I ordered	5/11/2011 Price	Usplastic.com Item/Link
	3" x 4" x 2 mil Reclosable Bags - These bags meet FDA standards for food handling applications.	2 Cases of 1000	\$7.26	48730

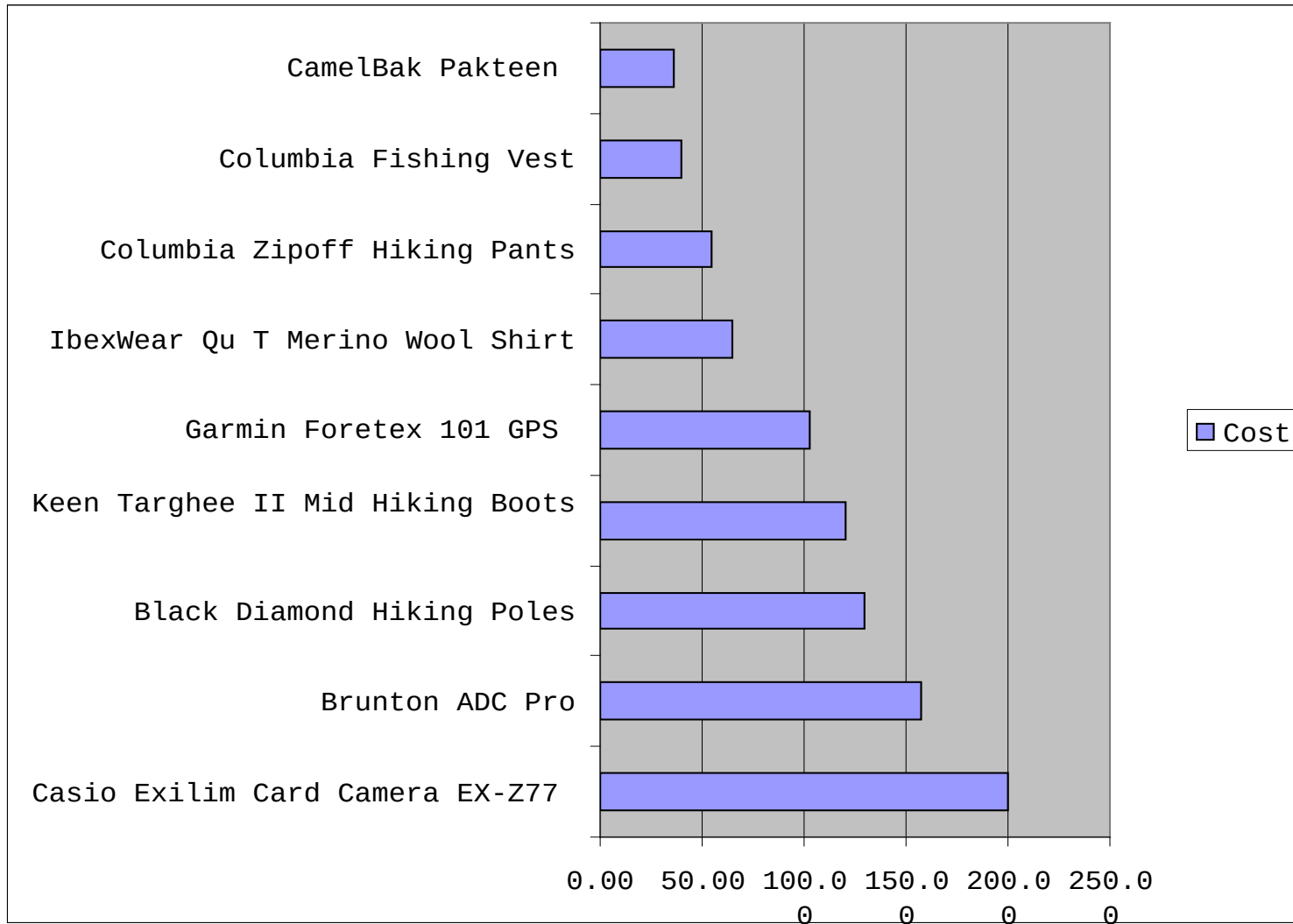
	Yellow Gamma Seals™ (I already had several, you may want more. This is for sealing and resealing as you pack your items and want to have your sacked items critter-proof until shipped)	1	\$7.64	1858
	4" x 4" x 2 mil Reclosable Bags - These bags meet FDA standards for food handling applications.	1 Case of 1000	\$9.63	48734
	5" x 5" x 2 mil Reclosable Bags - These bags meet FDA standards for food handling applications.	1 Case of 1000	\$13.08	48739
	2 oz Polypropylene Low Profile White Jar 70mm Neck. Molded in crack-resistant white polypropylene. Caps sold separately	1	\$0.24	66721
	White 70 mm Polypropylene Cap with Foamed PE Liner	1	\$0.22	66338

80% of the Cost of the Items in Pack is What?



This Chart is Outdated and Only Covers the Premium Side (of an older gear list)
– kept here for relativity display purposes. Eventually to be updated.

80% of the Cost of the Items Worn on the Body is What?



This Chart is Outdated and Only Covers the Premium Side (of an older gear list)
– kept here for relativity display purposes. Eventually to be updated.

Gear Description of Items in Pack

Gear Description of Items in Pack (Last Updated: 7/8/2010)	Quantity	Category	Check Off Symbol/Note
Backpacking Light Ultralight Noseeum Headnet	1	Clothing	
Black Rock Down Beanie	1	Clothing	
IbexWear Balance Briefs	1	Clothing	
Integral Designs eVent Thru Hiker Rain Jacket	1	Clothing	
Montbell U.L.Down Inner Half Sleeve Jacket	1	Clothing	
Patagonia Sage Burner Shorts	1	Clothing	
Possum Down Liner Gloves	1	Clothing	
Smartwool Crew Merino Wool Liner Sock-1 pair	1	Clothing	
ULA Equipment Rain Wrap	1	Clothing	
ULA Rain Mitts	1	Clothing	
Western Mountaineering Flash Vest	1	Clothing	
Aloksak Extra Sacks– various sizes	5	Container	
Bearikade Weekender Expedition	1	Container	
Granite Gear Air Space Bags for Internal Pack organizing	3	Container	
Granite Gear Uber Light (Cuben Fiber) Dry Sack, 18 Liter	1	Container	
Large mesh bag for putting wet clothes in	3	Container	
Plastic empty Fuel Bottle for Denatured Alcohol-16 oz bottle	1	Container	
Zpacks Cuben Fiber Large Pack Cover	1	Container	
Zpacks Large cylinder food bag for holding water containers	2	Container	
Mountain Laurel Designs 8.5” Long Handled Titanium Spoon	1	Cooking	
Pot Cozy and Plastic Pot Container to hold Caldera Stove System	1	Cooking	

Gear Description of Items in Pack (Last Updated: 7/8/2010)	Quantity	Category	Check Off Symbol/Note
REI Storm Proof Matches	1	Cooking	
Tibetan Titanium Trek Kettle / Pot with Lid - 115mm tall - 900ml capacity	1	Cooking	
Titanium Tri-Fuel Caldera Alcohol Stove System, 900 ML (stove system and 900 ml titanium pot/mug)	1	Cooking	
Invisible Clock II	1	Electronics	
Second Generation, Spot II Satellite GPS Messenger	1	Electronics	
Turbo Charge Iturbo Digital iPod Charger IP140	1	Electronics	
Injinji Crew Liner Toesock, pair	2	Feet	
Injinji Crew Performance Toesock, pair	2	Feet	
Vincere Grip/Boat Socks	1	Feet	
2 x 1" sponge insulation hollow "pipe" to hold the above tapes	1	Misc Item	
2-1/2" White SHEATHING TAPE	1	Misc Item	
50 feet Clothes Line on Blue Kite String Handle	1	Misc Item	
Bison Designs Mini Lock Utility Biner	8	Misc Item	
Bleach in bottle	1	Misc Item	
Extra Strong Rubber Bands	5	Misc Item	
Map Bag (Aloksak) with essential user manuals	1	Misc Item	
MSR PackTowl Personal Face Towel	2	Misc Item	
Shaklee Basic H2™ Organic Super Cleaning Concentrate	1	Misc Item	
Some empty plastic bags, small or medium size	5	Misc Item	
Tiny Plastic Clothes Pins	12	Misc Item	
Granite Gear Nimbus Ozone Pack	1	Pack	
Hexamid Twin Tent (with built-in Ground Cloth and built-in optional privacy door)	1	Shelter	
REI SMC Sno-Tent Stake	1	Shelter	

Gear Description of Items in Pack (Last Updated: 7/8/2010)	Quantity	Category	Check Off Symbol/Note
Tent Sponge	1	Shelter	
Titanium Goat carbon fiber tent stakes (plus nine 6" stakes)	9	Shelter	
Montbell U.L.Comfort System Pad 150	1	Sleeping	
Montbell UL Comfort System Pillow	1	Sleeping	
Mountain Laurel Designs SuperLight Bivy	1	Sleeping	
Western Mountaineering Summerlite Down Sleeping Bag	1	Sleeping	
Aloksak with J&J First Aid Cream	1	Toiletry	
Charmin® To Go Bathroom Tissue	1	Toiletry	
Engo Blister Prevention Patches	8	Toiletry	
First Aid Kit (Spenco 2 nd Skin, Gauge, Band-aids, Sewing Thread/Needle, Antiseptic Wipe for Cuts, Pouch	1	Toiletry	
Generic Travel Toothbrush	1	Toiletry	
Hydropel Foot Ointment	1	Toiletry	
Leukotape P Sportstape	1	Toiletry	
Listerine PocketPaks Breath Strips	1	Toiletry	
Omnifix Dressing Retention Tape	1	Toiletry	
Qtips for cleaning ears	5	Toiletry	
REI Tincture of Benzoin	1	Toiletry	
Repel Soft Unscented Insect/Sun Block	1	Toiletry	
1 Micron Polyester Filter Bag, 4"x8"	1	Water	
Chlorine Dioxide Tablets, 30 tablet size packet	1	Water	
Platypus 2+ [Liter] Water Bottle	3	Water	
SteriPEN AdventurerOpti Water Purifier with 2 CR123A batteries	1	Water	

Gear Description For Wearing On Body

Gear Description For Wearing On Body (Last Updated: 7/8/2010)	Quantity	Category	Check Off Symbol/Note
Columbia Cool Creek™ Mesh Vest		Clothing	
Columbia Silver Ridge™ Convertible Pant (Men)		Clothing	
IbexWear Balance Briefs		Clothing	
IbexWear Qu T Men's Short Sleeve 17.5 Micron Merino Wool T-Shirt		Clothing	
REI Sahara Cape Hat		Clothing	
Warmers Solar Gloves – Unisex (fingerless)		Clothing	
Apple Ipod Nano		Electronics	
Brunton ADC Pro Weather Forecaster/Altimeter/Watch		Electronics	
Casio Exilim Card Camera		Electronics	
Garmin Foretex 101 GPS		Electronics	
The Fenix LD01		Electronics	
Injinji Crew Liner NuBamboo Toesock		Feet	
Integral Designs eVent Shortie Gaiters Ultra-light gaiters		Feet	
Keen Targhee II Mid Hiking Boots – Men's.		Feet	
Orange Superfeet Insoles for Maximum Hiking foot protection		Feet	
Smartwool Crew Merino Wool Liner Sock		Feet	
ACR WW-3 Emergency Whistle		Misc Item	
Black Diamond Alpine CF Trekking Poles (Pair)		Misc Item	
Case Logic Compact, Hardshell Digital Camera Case		Misc Item	
Three 2 feet long glo-pink or glo-yellow or glo-orange (AKA fluorescent) flagging		Misc Item	
Two Fisher Space Pen Stowaway		Misc Item	

Gear Description For Wearing On Body (Last Updated: 7/8/2010)	Quantity	Category	Check Off Symbol/Note
Two MSR PackTowl Personal Face Towl		Misc Item	
Wenger Pocket Tool Chest (Pocket Knife)		Misc Item	
LypSyl LypMoisturizer		Toiletry	
CamelBak Pakteen Hydration System		Water	

Stream Crossing Shoes for 2011

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Roleigh Martin

Last Updated: 4/23/2011 4:04 PM

Creek crossings on the John Muir Trail (JMT) and other hikes can vary significantly from year to year. In 2008, on the JMT, I only had to take my shoes off once on the whole hike. In 2009, only twice. In 2010, about 12 times. Some are thinking 2011 will be closer to 2010 than 2009 or 2008 for JMT creek crossings. In the months of July and August, the worse creek crossing should only be mid-thigh high and that will be rare, with mid-calf being more typical. The worst creeks and rivers on the John Muir Trail have very professionally made bridges.

The below is partially taken from my Gear List which is available in our [JohnMuirTrail@YahooGroups](#) Library. It covers most of the known ultralight solutions for stream crossings aside from the Vibram Five Finger option. I tried them but could not get them to easily fit on my foot. I returned them. Anything I have to struggle with for a long time, I am not interested in using.

My gear list is here in the Group Library:

<http://groups.yahoo.com/group/johnmuirtrail/files/Gear%20lists/>

[Hiking 2010 Gear List sorted.pdf](#)

Roleigh Martin's Hiking 2010 Gear List



I used these SprintAquatics sandals in 2009 and they did work but you will get teased as if you are a hospital patient. They do not dry out fast and its best if you have replacements available at your Muir Trail Ranch supply – they are not the sturdiest. You do have to walk slow with them on because if you step on something sharp, your feet will feel it. These are about .95 oz for the sandal (1.90 oz for the pair).

<http://www.sprintaquatics.com/prodinfo.asp?number=901>

I have tried these too, the [Zinetic Pocket Slippers](#) – from the web Features: Lightweight Compact (Stow and Go); Nylon Carrying included; Breathable fabric; “Barefoot Feel” with rubber sole Great traction on slippery surfaces; Stretchy fabric allows for

over a range of foot sizes” I use a very big heavy duty rubber band to prevent slipper from slipping off wading a stream. This page lists the variety of [online dealers](#). Medium size weigh 6.9 oz (for the pair) scale.

There is also the Vincere Grip/Boat Socks which are the blue items to the right and which weigh 3.0oz for oz apiece), Medium’s man’s size. <http://tinyurl.com/yk4qvz3>



page:
pouch
protection;
comfort
while
on my

a pair (1.5

In 2010, I used these Vincere Socks and they were perfect for stream crossings. What I did not like about them is they did not dry completely by the time I got to camp and wanted to use them for camp sandals. At camp, I was jealous of those who had the hard plastic ones like Croc-knockoffs.



Another option is from <http://gofastandlight.com> which is their Ultralight [Fuzzy Footie Camp Shoes](#) which weigh 4.4 oz for the pair. They have Non Skid Bottom grip dots for traction; Soft cotton footpad inside; Lycra/Polyester blend uppers and Stretch to fit a range of sizes and are inexpensive (\$8). These are light but the drying is a concern. They also look more for that reason I have not used them on the trail.



something sturdier, consider low cost supportive of your feet for wading one from Big 5 Sporting stores in

The low cost



In the spring, Walgreen carries a similar be obtained for about \$10 and the weight oz depending on the brand/size you buy. The info on the back of the Walgreen Sandals "Caribbean Cartel By The Lost Pirates", a trademark by Kong, Tian Kong, 20531 Belshaw Avenue, Carson, Ca 90746 and a size medium, man's, is 9.2 oz for the pair. The photo above on the left shows this sandal.

sandle. These for a pair is



can 9-10 are

These at Waldies are nearly half the weight of your ordinary Crocs (4.2 oz per shoe, size large, men). http://www.waldies.net/Waldies_AT_Clog_p/8450910.htm -- and yes, you read that right, by "AT", it stands for Appalachian Trail. These are targeted for A.T. hikers.



If you get them just right in size, they fit snug. If you can't get them to fit snug, you can make them snugger by two techniques:

1.



Put your gaiter straps beneath the sandals while doing a stream. Another hiker did this with great success.

2. Use extra large/thick rubber bands, one or two per sandal. [Amazon shows these](#) for example, which I have and are the right size to wrap around the top of your foot and beneath the sandal, you could use two bands per foot so that one is behind your ankle and in front of the ankle. Made by Universal, Size 105. Part number 04105. ¼ pound for the whole box.





The Crocs brand sandals weigh more. The model, the Cross Trail, have an adjustable strap that clips/snaps on/off (like a pack belt). I bought these and although my hiking boot is a size 10, I had to get these in a men's size 8. An individual sandal weighs 7.3 oz. One disadvantage of this sandal is that there is a leather "border" around the opening of the sandal where your foot slips in. I sprayed the leather with Scotchguard Fabric and Upholstery Protector to partially make it more waterproof. [John Ladd](#) on the [JohnMuirTrail@YahooGroups](#) forum reports that he used these sandals and they worked just great. They will fit snug as you want them.

Crocs also have this sandal for hiking too. The [Trailbreak Sandal](#). Crocs have these on sale at a \$20 a pair

discount now. I have not tried these on nor weighed them.

Then there are the Water Trekking Sandals. On the JohnMuirTrail@YahooGroups, a [Robert Shattuck](#) favors the [Teva Fi 3](#) or the [Teva Hurricane XLT](#). Looking at the Teva web site, I see a newer, lighter water trekking sandal that looks very promising, the [Teva Zilch](#) (shown below). Some web sites call the Zilch only a woman's sandal, Teva shows them for both sexes (individually), nor does one of their retailers, [Austin Canoe and Kayak](#) who has a listing for these as a man's sandal. They give a weight of 7 ounces, so this looks to be very competitive (lighter in fact) than the Crocs Cross Trail sandal. A review [here](#).



Last, there is the new movement of minimalist running footwear and perhaps the best review of them for backpacking/crossing streams is over here at [BackPackingLight.com](#).

"Minimalist Footwear for Summer Backpacking," by Damien and Renee Tougas.

BackpackingLight.com (ISSN 1537-0364).

http://backpackinglight.com/cgi-bin/backpackinglight/minimalist_footwear_summer_backpacking.html, 2011-03-29 00:10:00-06.

This is a very good article to read as not only do they review many minimalist footwear items but they ascribe numeric scores to each of several attributes – at the article they

explain this chart they present.

Model	Class	Fit	Breathability	Quick-dry	Durability	Security	Traction	Avg	Weighted Avg
Sockwa Amphibian	1	1	1	1	1	1	3	1.3	1.3
Unshoes Huaraches	1	4	5	5	3	3	2	3	3.7
Vibram FiveFingers KSO	1	5	4	4	5	5	4	4.5	4.5
Feelmax Osma	1	5	4	4	2	4	3	3.7	3.8
Kigo Edge	2	2	3	3	5	2	2	2.8	2.7
Vibram FiveFingers Bikila	2	4	3	3	4	3	4	3.5	3.5
Terra Plana Vivo Barefoot Evo	1-2*	3	3	2	5	4	3	3.3	3.2
Inov-8 F-Lite 195	3	1	5	4	3	5	5	3.8	3.4
Altra Adam	1-2*	5	4	4	5**	4	4	4.3	4.4

Going beyond these choices you'll get into more weight but some members of the forum argue that these heavier ones can be backup hiking shoes if your boot falls apart on the trail. Those heavier choices are not reviewed in this document.

If you have any foot item you want to propose, please email me at roleigh [at] pobox [dot] com.